

## WHAT IS EXILIS?

Exilis is a non-invasive skin tightening (radiofrequency) that is also used for targeting areas of excess fat.

Coolsculpting is our main choice for larger, more bulky areas of fat deposition, but Exilis will complement Coolsculpting in treating smaller “non grab-able” areas as well as skin tightening after fat loss if needed.

This treatment cannot be performed in patients with pacemakers or defibrillators nor can it be performed directly over implanted metal (e.g. treating fat/loose skin on the knee after knee replacement).

## TREATMENT PROTOCOLS

(These are general guidelines and will vary by patient age and response)

### FACE AND NECK (SKIN TIGHTENING)

Plan 2-3 treatments, 2-4 weeks apart

See peak results about 90-120 days after the last treatment

Yearly maintenance on average (varies by person)

### BODY (FAT TARGETING AND SKIN TIGHTENING)

Plan 4 treatments, 1-2 weeks apart

Can see improvement in fat starting at 2-3 weeks

Maintenance for skin tightening as above (fat depends on a stable diet/exercise regimen).

## RESULTS

Patients who are well hydrated typically have the best results: plan on drinking at least 1 liter of water/day for a week prior up until several days after your procedure .

<http://www.btlaesthetics.com/en-us/exilis-c14>

